

Wings



FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over eighty-five years.

The Newsletter of
First Unity Church
Of Saint Louis

November
2010

- ❖ *Inspiration*
- ❖ *Information*
- ❖ *Illumination*

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Thankfulness

By Steve Goodier

I understand that the late Dr. Fulton Oursler used to tell of an old woman who took care of him when he was a child. Anna was a former slave who, after emancipation, was hired by the family for many years.

He remembered her sitting at the kitchen table, her hands folded and her eyes gazing upward as she prayed, "Much obliged, Lord, for my vittles." He asked her what vittles were and she replied that they were food and drink. He told her that she would get food and drink whether or not she gave thanks, and Anna said, "Yes, we'll get our vittles, but it makes 'em taste better when we're thankful."

She told him that an old preacher taught her, as a little girl, to always look for things to be grateful for. So, as soon as she awoke each morning, she asked herself, "What is the first thing I can be grateful for today?" Sometimes the smell of early-morning coffee perking in the kitchen found its way to her room. On those mornings, the aroma prompted her to say, "Much obliged, Lord, for the coffee. And much obliged, too, for the smell of it!"

Young Fulton grew up and left home. One day he received a message that Anna was dying. He returned home and found her in bed with her hands folded over her white sheets, just as he had seen them folded in prayer over her white apron at the kitchen table so many times before.

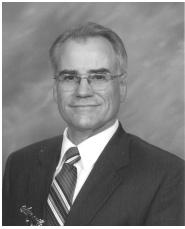
He wondered what she could give thanks for at a time like this. As if reading his mind, she opened her eyes and gazed at the loving faces around her bed. Then, shutting her eyes again, she said quietly, "Much obliged, Lord, for such fine friends."

Oursler was deeply influenced by Anna's uncanny ability to always find something to be thankful for.

This wise woman taught him a vital secret that many people have never learned: she taught him how to be happy.

Steve Goodier holds a B.A. in anthropology and sociology (New Mexico State University) and an M.Div. degree from Emory University, Atlanta, Georgia. He is an ordained United Methodist minister and the author of numerous books about personal development, motivation, inspiration, and making needed life changes.





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Sunday School News

Long time member and former board member, Denise Halbert-Raggio has come forward to become our new Director of Youth Education. With Denise's leadership and the support of all of us, we foresee a new stage of growth and unfoldment in our youth department. Bless you, Denise, for stepping up to this important role.

Thank you!

The **Pastor Appreciation Day** celebration was wonderful! We are blessed to serve a congregation like you! Thank you for the gifts, for the party, and especially for your generous and loving support. We are truly grateful!

Rev. Randy and Rev. Sharon

ALL-UNITY Thanksgiving Worship



**Wednesday
November 24
7:00 p.m.**

This year Unity Church of Peace, 3701 Bayless Ave., will be

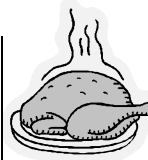
hosting the All-Unity Thanksgiving Service. Come join area Unity ministers and friends as we joyously praise God and give thanks for our bountiful blessings through music and inspirational messages.



**On Saturday, Nov. 27th
we will be decorating
our church home for
Christmas.**

Won't you join us at 10:00 and bring a dish to share after our church is all decked out in its Christmas best?

This month the **Ladies' Night Out Group** will be meeting Monday evening, November 15th at 5:30 at Golden Corral, 6110 S. Lindbergh. All are welcome!



Feed My People

In this Thanksgiving season your donations to Feed My People are especially appreciated. www.feed-my-people.org

Trivia for Dummies

Saturday, Nov. 13
Doors open at 5:30 p.m.
Trivia begins at 6:30
Tickets: \$15 each
8 players per team/table

Would you like to have "fun" at a trivia night without a headache at the end of the evening?

If you answered yes!, you need to attend First Unity's Trivia for Dummies (and a silent auction too).

Light snacks and drinks will be furnished; you are welcome to bring refreshments to share (no alcoholic drinks please).

We can use more volunteers to bring silent auction items (new items please), table sponsors (for the winning table of each round), decorating/setup that morning, and soda and ice are still welcomed.

Please contact Linda Harr with additional questions and for tickets @ (636) 677-1072.

Silent Unity November Affirmations



Inner Peace: Divine peace soothes my mind and heart.

Guidance: I trust my God-given inner wisdom.

Healing: I embody radiant health and vitality.

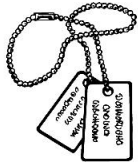
Prosperity: Divine substance overflows into my life.

World Peace: I am at peace with the world around me.



Daylight Saving Time ends.
Set your clocks back one hour.

A day to honor our veterans



VETERANS Day

On November 11, 1918, the Germans and the Allied Nations, which included the United States, signed a document to initiate an armistice (cessation of hostilities), thus ending World War I. A year later, President Woodrow Wilson issued a proclamation designating November 11 as Armistice Day. It was to be a day of reflection — a day to remember those who died in the country's service and to offer Americans the opportunity "to show sympathy with peace and justice in the councils of the nation."

Wanting to recognize more specifically America's veterans, Congress passed a bill changing the name of the day from Armistice Day to Veterans Day. The change was made in May 1954.

On this national holiday, services of prayers and praise are held around the nation. Followers of the Prince of Peace pray for peace among the nations of Earth and for the day when "they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more" (Isaiah 2:4, NRSV).

Making the right choice

The sweet old man always seemed to be in good humor. One day, a curious younger man asked why he was always so happy.

"Well," the kindly man replied, "it is because I know when I get up in the morning, I have two choices. I can choose to be happy or I can choose to be unhappy. I try to choose happiness each day. Hopefully that is reflected on my

face and in my actions."

What did you choose this morning?

Holidays and family disputes

Holidays, which are meant to be days of celebration, often turn into days of stress. One family member may become offended by something said or unsaid, or by things done or not done. A small misunderstanding can quickly grow into bickering among the entire family.

At times such as those we would do well to recall the wise teacher whose method of dealing with slights or insults was to let them pass. He said, "I have only one skin which covers me very well. I don't let anyone else get under it."

A filled heart

Syndicated columnist Bill Ellis often writes about such important days as Christmas, Easter, Memorial Day and others. A few years ago he offered these thoughts just before Thanksgiving:

"When a heart is filled with gratitude, there is little room for such things as grudges, unforgiveness, hatred, envy, jealousy, greed and the like. A sense of gratitude does good for both the spiritual heart and the physical heart. Consider that many heart attacks may be precipitated by stress, worry, pressure and anxiety. Let gratitude fill your heart."



Quotable Quotes

By Wallace Wattles

The whole process of mental adjustment and attunement can be summed up in one word: gratitude.

A soul that is always grateful lives in closer touch with God than one who never looks to him in thankful acknowledgment.

Gratitude draws the mind into closer touch with the source from which the blessings come.

There is a law of gratitude, and if you are to get the results you seek, it is absolutely necessary that you should observe this law.

If your gratitude is strong and constant, the reaction in the formless substance will be strong and continuous. The movement of the things you want will always be toward you.

Faith is born of gratitude.

A grateful mind continually expects good things, and expectation becomes faith. The reaction of gratitude upon one's own mind produces faith. Every outgoing wave of grateful thanksgiving increases faith.

Cultivate the habit of being grateful for every good thing that comes to you - and give thanks continuously.

The person who can sincerely thank God for the things which he owns only in imagination has real faith. That person will get rich; that person will cause the creation of whatsoever he wants.

In times of indecision, cultivate gratitude.

The Thirteen Commandments

By J. Sig Paulson

Thou shalt not commit adultery

As we continue to probe deeply into the commandments of the Bible, we discover what the omnipresence of God means. We are coming to recognize that the light of Truth must shine into the deep and secret places of our consciousness; that there is no place or area of our thinking, our feeling, or our life that we can withhold from God. Truth is omnipresent. As we come to realize this and put ourselves under the discipline of the Truth, we find that we have to give up many cherished ambitions, many ways of thinking and feeling, old attitudes toward ourselves, toward our fellow men, and toward God.

The seventh commandment is no exception. It states, "Thou shalt not commit adultery." In an outer sense this law was designed to protect the sanctity and the stability of the human family, the most important unit of our human experience. We have been told that it relates to certain attitudes and actions that we can or cannot take, particularly those of us who are married. The commandment has been broadened throughout the years to become a prohibition against sexual immorality of all kinds. The sanctity of the family, the safety of our children, and stability of our society as a whole are dependent upon the keeping of this commandment.

The letter of the law is always pointed at an outer action, and this is important. Jesus, however, teaches that there is something beyond this: our mental and emotional attitudes. He taught that if a man looks at a woman lustfully he has already committed adultery in his heart. Here again we have the cause of all outer action: a mental and emotional state that is outpictured in action. This

seventh commandment has to do with purity of thought, feeling, and action, particularly in our relationships with our fellow men. If we are to keep it, we must not adulterate our relationships or defile them in any way. We must live in the consciousness of our oneness in God, and with our fellow men.

This commandment has much more than a sexual connotation, for adultery is not limited to that. Adultery takes in the whole human picture, the whole human relationship. The prophets of old were always accusing the Israelitic nation of adultery because it was lured by false gods and false religions. There is a spiritual adultery which is, in reality, the cause of all the outer forms of adultery. Spiritual adultery takes place when we look to the outer world and anyone or anything in it for the fulfillment of our desires. We commit spiritual adultery when we turn away from the Spirit of God within us and look toward a relationship, an individual, a job, an institution as the means by which our desires will be fulfilled.

Perhaps we should consider what desire is from a spiritual viewpoint. Every desire, regardless of the form it takes, is an unfulfilled longing for reunion with God. It does not make any difference what it appears to be on the human scene; it is really an unfulfilled longing for oneness with God. Desire may take many forms in the human experience. The desire for oneness with God, when it is misinterpreted and misapplied, may lead the sex addict to do all kinds of things that are wrong; it may lead the alcoholic to try to find fulfillment through alcohol; it may lead the drug addict to try to reach the same end through the use of drugs; it may lead the money addict to try to do the same through the pursuit of money and material things; it may lead the security addict to attempt to build up security through life-insurance policies and by surrounding himself with all kinds of outer things that

would seem to protect him.

But the great truth is that regardless of how this desire is outpictured, it is in reality an unfulfilled longing for God within the soul, and it appears on the human plane as an attempt to do something in an outer way. The counselors and psychologists have discovered that so-called philanderers, or "adulterers," who drift around drinking; living riotously, trying vainly to satisfy the outer senses, are not the adventurers, the gay, romantic people they like to think they are; rather, they are the unstable, the insecure, the uncertain, those who are either unwilling or unready to undertake the discipline that reunites them with God and keeps them one with Him.

From the spiritual viewpoint, marriage is a mystical reunion between the soul and its Creator; and that, of course, is what these ten commandments are all about. They tell us how to get near to God; how to become reunited with God, our Creator, and then how to stay at one with Him. There is only one way to maintain this oneness, and that is by not committing adultery; that is, by not looking at outer circumstances, individuals, or relationships as the fulfillment of our desires. Once we have been reunited with God, then our Creator supplies our desires and the means of fulfilling them in a happy, harmonious way.

This applies at all levels of our living. A pure-minded man or woman who would be horrified at the thought of pursuing another individual for immoral purposes might very logically, from the human viewpoint, pursue a man or a woman to try to get a husband or a wife as a "meal ticket," or security, or for social prestige. But this, too, is committing adultery because it is turning away from the creative Spirit within and struggling to attain a seemingly desirable thing in an outer way.

When we are reunited with God consciously, when we have been awakened to the presence of God

within us and know that His Spirit is real, we have been married to the Spirit of God. Then we are to realize that our desires, and the fulfillment of these desires, must come from within. We stop looking for outer means of satisfying our desires; we turn to the Spirit within and ask, first of all, what the true desire is, and then for the fulfillment of that desire. We stop chasing around in the outer world trying to attain something, or trying to avoid looking at ourselves honestly and candidly, trying to avoid the discipline that is necessary to carry out our part in this divine marriage.

One of the most common forms of adultery is that of which the Israelites were guilty: following after false gods and false religions. We see this type of adultery often. In every city there are large numbers of what we might call "religious drifters," who go from one teacher, from one metaphysical or religious movement, to another, in the hope that they will find a formula that will give them something they want. They may want to achieve something in an outer sense—writing a book, or obtaining a certain amount of money, or getting a certain job. So they go from one teacher to another, and they stay only long enough to find out that in order to attain what they desire, they have to change their inner system of thinking and feeling—and then they get up and go on to the next teacher or movement.

We have all gone through this; we cannot point an accusing finger at anyone. We have all done it. I did it before I really awakened to the truth that the Spirit of God is within me. I was very comfortable in what we would call an orthodox church, and I was very uncomfortable at the same time. I started going to classes, listening to other preachers, and trying to find something in the outer world that would satisfy the longing I had within me. I could not find anything. A teaching interested me for a few days or a few weeks or a few months, but eventually my interest waned. It was only when I came to discover that the Spirit of God is

within me, and that my desire and the fulfillment of the desire come from the Spirit of God within me, that I could stop "shopping around."

All of us are coming to the point where we recognize that the Spirit of God is within us, and that this creative Spirit of which we are the instruments is the cause of our desire and the fulfillment of it. Does this mean, then, that we are just to sit down in a corner somewhere and commune with God? No, it means rather that we live in the world and we may be married, or unmarried; we may be businessmen or preachers, cab drivers or teachers, it does not matter—but we look at things from a different viewpoint. When we have been reunited with God, we enter into our human experiences and relationships with a sense of completeness, not with a sense of lack. We get married, not because we want a "meal ticket," or security, or even because we want companionship, but because we are expressing the sense of completeness that lies within us through this reunion with the Spirit of God. If we are already married, this new attitude, this new state of consciousness changes our feeling toward our marriage. It changes our feeling toward our fellow men. We no longer try to manipulate relationships or outer situations or circumstances to fulfill our desires. We know that desire comes from God within us, and that God fulfills our desire. Now we can express that sense of completeness, that sense of oneness.

We no longer commit spiritual adultery. We are not untrue to this mystical union with our Creator. We look to God, and to God alone, for our desires and for the fulfillment of our desires. We ask that every desire be reinterpreted in a spiritual light, that our desires for outer things be translated into the spiritual urge which brings them to us.

As God fulfills our desire, we have a sense of peace, a sense of completeness, and we no longer go through the world as lopsided human beings. We are no longer immature,

insecure, unstable; we become wonderful partners in marriage, good husbands or wives, sons or daughters, fathers or mothers; we are good businessmen, good business associates, good partners. We are no longer scheming in our approach to life. We are not trying to force or manipulate a relationship to bring something into our experience, to bring us satisfaction. We are already inwardly satisfied to a great degree, and we are true to this creative Spirit within us; therefore we move into all relationships as free human beings. We no longer try to avoid the discipline that is necessary to keep us conscious of the presence of God. We move into every experience with the thought not of what we can get, but of what we can give out of the overflow of our own minds and hearts.

We discover that our lives are transformed, that there is a tremendous change. We no longer have to resort to the tactics we pursued before, either to try to fulfill the desires within us, or to try to avoid the discipline required for a successful partnership with God. In this mystical marriage, this divine marriage with our Creator, there is a discipline. We have a contribution to make to this successful marriage, just as surely as we have in the outer, human relationship of marriage. We must be true to the integrity within our own soul, and within the souls of all of our fellow men.

We no longer seek to adulterate or dilute our relationships, or to have them on anything but a sound, spiritual basis. We recognize that it is within us that desire takes rise and is fulfilled. The same thing is true of our fellow men, whether at the present state of their unfoldment they know it or not. If we know it, we have the responsibility to continue to express it in our relationships with them.

The seventh commandment says in effect: "You shall not commit spiritual adultery. You shall not compromise your relationship with God your Creator by thinking that any desire, or the fulfillment of any desire,

comes through or from an outer source. It comes direct from God." When we know this, we recognize that already we are one with God and in that oneness we are one with all people. Each one is seeking this reunion with God; each one is striving to fulfill this deep longing for oneness with God. We can recognize this longing within our fellow man, and we can assist him to return to God, through our prayers and our thinking and our attitudes.

We who are learning these commandments and the meanings behind them have already regained, to a great degree, our sense of oneness with God; intellectually, at least, we have accepted it. Our work is to put this into practice by beginning to recognize right now, this moment: "I am reunited with God. My soul, my mind, and my heart are in their proper relationship as the instruments through which the creative Spirit of God works and comes into expression. No longer need I depend upon an outer relationship, upon other individuals, upon religious institutions or groups or activities for the fulfillment of my desire. I am fulfilled now through my oneness with God, and I can go out into human relationships and human institutions and human groups and take part in human activities and express this sense of completeness, this sense of oneness with my Creator.

"No longer am I unstable or insecure; no longer am I unsatisfied or anxious. At this moment I have fulfilled that deep longing of my soul for reunion with God, my Creator. I accept this as the fulfillment of my desire; I go forward confidently into my everyday experiences, into my relationships with others. I am true to the integrity of my own soul, and I am true to the integrity of the soul of each person I meet in my daily experiences. I am free and, thank God, they too are coming into a deeper realization of freedom."

ACTION AFFIRMATION

I am true to the integrity of my own soul, and I refuse to adulterate it in thought, feeling, or action. I am true to the integrity of soul of all others. I refuse to compromise that integrity in thought, feeling, or action.



Peace in the world's great religions

CHRISTIANITY

"Blessed are the peacemakers, for they shall be called the children of God."

CONFUCIANISM

"Seek to be in harmony with all your neighbors ... live in peace with your brethren."

BUDDHISM

"There is no happiness greater than peace."

HINDUISM

"Without meditation, where is peace? Without peace, where is happiness?"

ISLAM

"God will guide men to peace. If they will heed Him, He will lead them from the darkness of war to the light of peace."

TAOISM

"The wise esteem peace and quiet above all else."

SIKHISM

"Only in the name of the Lord do we find our peace."

JUDAISM

"When a man's ways please the Lord he maketh even his enemies to be at peace with him."

JAINISM

"All men should live in peace with their fellows. This is the Lord's desire."

ZOROASTRIANISM

"I will sacrifice to peace, whose breath is friendly."

BAHA'I

"War is death while peace is life."

SHINTO

Let the earth be free from trouble and man live at peace under the protection of the Divine.

November 2010

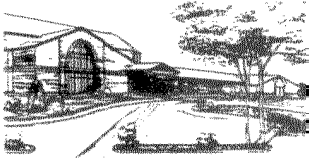
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	<i>3</i> <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	<i>4</i>	<i>5</i> <i>Zumba</i> 10:00 AM	<i>6</i> <i>No Choir or Bell</i> <i>Choir Rehearsal</i> <i>Today</i>
<i>7</i> <i>The Five Principles</i> Class 9:15-10:15 AM <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>SET CLOCKS BACK</i> <i>ONE HOUR!</i>	<i>8</i>	<i>9</i> <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	<i>10</i> <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	<i>11</i>	<i>12</i> <i>Zumba</i> 10:00 AM	<i>13</i> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM <i>Trivia Night</i> 5:30
<i>14</i> <i>The Five Principles</i> Class 9:15-10:15 AM <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<i>15</i> <i>Ladies Night Out</i> Golden Corral 6110 S. Lindbergh 5:30 PM	<i>16</i> <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	<i>17</i> <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	<i>18</i> <i>Board Meeting</i> 7:00 PM	<i>19</i> <i>Zumba</i> 10:00 AM	<i>20</i> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
<i>21</i> <i>The Five Principles</i> Class 9:15-10:15 AM <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<i>22</i>	<i>23</i> <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	<i>24</i> <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>All Unity Thanksgiving</i> <i>Eve Service 7:00 PM</i> Unity Church of Peace	<i>25</i>	<i>26</i> <i>Zumba</i> 10:00 AM	<i>27</i> <i>No Choir or Bell</i> <i>Choir Rehearsal</i> <i>Today</i> <i>Decorating the</i> <i>Church for Christmas</i> 10:00-12:00
<i>28</i> <i>The Five Principles</i> Class 9:15-10:15 AM <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<i>29</i>	<i>30</i> <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM				

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THE NOVEMBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side – Puns

The fattest knight at King
Arthur's round table was Sir
Cumference. He acquired his size
from too much pi.

I thought I saw an eye doctor on
an Alaskan island, but it turned out to
be an optical Aleutian.

She was only a whiskey maker,
but he loved her still.

A rubber band pistol was
confiscated from algebra class,
because it was a weapon of math
disruption.

No matter how much you push
the envelope, it'll still be stationery.

A dog gave birth to puppies near
the road and was cited for littering.

A grenade thrown into a kitchen
in France would result in Linoleum
Blownapart.

Two silk worms had a race. They
ended up in a tie.

A hole has been found in the
nudist camp wall. The police are
looking into it.

Time flies like an arrow. Fruit
flies like a banana.

Atheism is a non-prophet
organization.

Two hats were hanging on a hat
rack in the hallway. One hat said to
the other: 'You stay here; I'll go on a
head.'

I wondered why the baseball kept
getting bigger. Then it hit me.

A sign on the lawn at a drug
rehab center said: 'Keep off the Grass.'

The midget fortune-teller who
escaped from prison was a small
medium at large.

The soldier who survived
mustard gas and pepper spray is now a
seasoned veteran.

A backward poet writes inverse.

In a democracy it's your vote that
counts. In feudalism it's your count
that votes.

When cannibals ate a missionary,
they got a taste of religion.

If you jumped off the bridge in
Paris, you'd be in Seine.

A vulture boards an airplane,
carrying two dead raccoons. The
stewardess looks at him and says, 'I'm
sorry, sir, only one carrion allowed
per passenger.'

Two fish swim into a concrete
wall. One turns to the other and says
'Dam!'

Did you hear about the Buddhist
who refused Novocain during a root
canal? His goal: transcendental
medication.

-Thanks, Sandy Etheridge